

# Substance Abuse Resource Center

**Whatcom County Health Department**  
**1000 N. Forest St., Suite 101**  
**Bellingham, WA 98225**  
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*The prevention resources at Whatcom County Health Department are available, free of charge, to the public. Some materials may be reserved. We request that all items to be returned within two weeks of check out. Below is a current list of items available.*

## Videos

<b># Alcohol</b>	
<b>A 1</b>	<b>Truth About Drinking (grades 7-12 – teacher’s lesson plan available)</b>
<b>A 2</b>	<b>Truth About Drinking (grades 7-12 – teacher’s lesson plan available)</b>
<b>A 3</b>	<b>Truth About Drinking (in Spanish – grades 7-12)</b>
<b>A 4</b>	<b>Family Talk About Drinking</b>
<b>***</b>	<b>(for more videos on alcohol, see Traffic Safety, Video Resource Notebooks, and Drugs categories)</b>
<b># Tobacco</b>	
<b>T 1</b>	<b>Smoking: Truth or Dare? (grade 4-12, Adult, 34 min--teacher’s lesson plan available)</b>
<b>T 2</b>	<b>Smoking: Truth or Dare? (grade 4-12, Adult, 34 min--teacher’s lesson plan available)</b>
<b>T 3</b>	<b>Smoking: Truth or Dare? (grade 4-12, Adult, 34 min--teacher’s lesson plan available)</b>
<b>T 4</b>	<b>Smoking: Truth or Dare? (grade 4-12, Adult, 34 min--teacher’s lesson plan available)</b>
<b>T 5</b>	<b>Smoking: Truth or Dare? (grade 4-12, Adult, 34 min--teacher’s lesson plan available)</b>
<b>T 6</b>	<b>Patrick Reynolds: The Truth About Tobacco (grades 7-12)</b>
<b>T 7</b>	<b>MTV Talks Tobacco</b>
<b>T 8</b>	<b>The Insider (movie)</b>
<b>T 9</b>	<b>Media Sharp: Analyzing Tobacco &amp; Alcohol Messages</b>
<b>T 10</b>	<b>Smokeless Tobacco: A Spittin’ Image</b>
<b>T 11</b>	<b>The Feminine Mistake: The Next Generation</b>
<b>T 12</b>	<b>Death in the West</b>
<b>T 13</b>	<b>Dying for a Smoke</b>
<b>T 14</b>	<b>Hugh McCabe: The Coach’s Final Lesson</b>
<b>T 15</b>	<b>Tobacco: The Pushers and Their Victims</b>
<b>T 16</b>	<b>Youth Tobacco Prevention Training: “Tobacco and Advertising” (Part 1)</b>
<b>T 17</b>	<b>Youth Tobacco Prevention Training: “Tobacco and Advertising” (Part 1)</b>
<b>T 18</b>	<b>Youth Tobacco Prevention Training: “How to Coordinate Prevention Activities” (Part 2)</b>
<b>T 19</b>	<b>Youth Tobacco Prevention Training: “Youth Accessibility and Compliance Checks” (Part 3)</b>
<b>T 20</b>	<b>Tobacco Prevention Media Campaign – Fall 2000 (TV)</b>
<b>T 21</b>	<b>CDC’s Media Campaign Resource Center for Tobacco Control</b>
<b>T 22</b>	<b>How to Help Your Patients Stop Smoking</b>
<b>T 23</b>	<b>Tobacco PSA’s (3 x :30)</b>
<b>T 24</b>	<b>Inside My Mom (Preventing Birth Defects)</b>
<b>T 25</b>	<b>How to Help Your Patients Stop Smoking</b>
<b>T 26</b>	<b>Tobacco Horror Picture Show</b>
<b># Drugs</b>	
<b>DR 1</b>	<b>Methamphetamine: The Rush to Crash</b>
<b>DR 2</b>	<b>Marijuana: The Mirror the Magnifies</b>
<b>DR 3</b>	<b>Marijuana: The Mirror the Magnifies</b>
<b>DR 4</b>	<b>Heroin: From Pleasure to Pain</b>
<b>DR 5</b>	<b>Roots of Addiction: Drug &amp; Behavioral Compulsions</b>
<b>DR 6</b>	<b>The Truth About Drugs</b>
<b>DR 7</b>	<b>The Truth About Drugs</b>
<b>DR 8</b>	<b>Uppers, Downers, All Arounders, Drugs &amp; Effects</b>
<b>DR 9</b>	<b>Drugs, Alcohol, and Pregnancy: What You Should Know (9-college – guide available)</b>

DR 10	Drugs, Alcohol, and Pregnancy: What You Should Know (9-college – guide available)
DR 11	Hooked: From Hollywood to Main Street (heroin)
DR 12	Ruined Lives (methamphetamine)
DR 13	Ruined Lives (methamphetamine)
DR 14	Hard Choices: Don't put your dreams on hold with drugs.
DR 15	Keeping Your Kids Tobacco, Alcohol, and Drug Free: What Can Parents Do?
DR 16	Ecstasy: What's All the Rave About?
DR 17	Everybody's Problem!: Meth & Marijuana in Washington State
DR 18	Everybody's Problem!: Meth & Marijuana in Washington State
DR 19	Everybody's Problem!: Meth & Marijuana in Washington State
<b># Prevention</b>	
P 1	Prevention Works: How To Make it Work in Your Community
P 2	Prevention Works: How To Make it Work in Your Community
P 3	Prevention Works: How To Make it Work in Your Community
P 4	Environmental Prevention Strategies
P 5	Let's Help Youth Stay Drug Free, Part I
P 6	Guerrilla Media: A Citizen's Guide to Using Electronic Media for Social Change
P 7	Everybody's Business: Building Bridges – Session I
P 8	Drug and Alcohol Substance Abuse
P 9	The Performance Edge
P 10	The Performance Edge
P 11	The Performance Edge
P 12	Responsible Liquor Sales
P 13	Challenge Rope Course P.S.A.
P 14	Michael's Journey Growing Up Isn't Easy
<b># Video Resource Notebooks</b>	
VRN 1	Alcohol & Your Body: Assessing the Damage
VRN 2	Binge Drinking: The Facts
VRN 3	What's Wrong with Beer? (grades 7-12)
VRN 4	What's Wrong with Beer? (grades 7-12)
VRN 5	Up In Smoke: The Extreme Dangers of Smoking Tobacco
VRN 6	Kicking Nicotine: A How-To For Students
VRN 7	Spit Tobacco Kills: Extreme Danger of Chewing and Dipping Tobacco
VRN 8	What's Wrong with Tobacco? (grades 7-12)
VRN 9	What's Wrong with Tobacco? (grades 7-12)
VRN 10	Think It Over (Tobacco)
VRN 11	Think It Over (Tobacco)
VRN 12	What's Wrong with Marijuana? (grades 8-12)
VRN 13	What's Wrong with Marijuana? (grades 8-12)
VRN 14	Keep off the Grass (grades 7-12)
VRN 15	Keep off the Grass (grades 7-12)
VRN 16	What's Wrong with Inhalants? (grades 8-12)
VRN 17	What's Wrong with Inhalants? (grades 8-12)
VRN 18	What's Wrong with Inhalants? (grades 8-12)
VRN 19	Ecstasy: The Facts (grades 7-12)
VRN 20	Ecstasy: The Facts (grades 7-12)
VRN 21	Under the Influence: The Science of Drug Abuse (grades 7-12)
VRN 22	Under the Influence: The Science of Drug Abuse (grades 7-12)
VRN 23	The Gateway Drugs Action Pack (elementary- alcohol, tobacco, marijuana, and inhalants)
VRN 24	The Gateway Drugs Action Pack (elementary- alcohol, tobacco, marijuana, and inhalants)
VRN 25	Media Sharp: Analyzing Tobacco & Alcohol Messages
<b># Traffic Safety</b>	
TS 1	A Safer State at .08: Washington's New Drunk Driving Laws
TS 2	A Safer State at .08: Washington's New Drunk Driving Laws
TS 3	Choices
TS 4	Choices
TS 5	Bee a Safe Ped
TS 6	Bee a Safe Ped

TS 7	Drowsy Driving: Shattered Lives
TS 8	Drowsy Driving: Shattered Lives
TS 9	The Red Path
TS 10	The Red Path
TS 11	The Red Path
TS 12	Cry the Eagle: A Call to Drive Sober and Safe
TS 13	Yakima Nation Seatbelt Stories
TS 14	Bicycle Safety Camp
TS 15	Bicycle Safety Camp
TS 16	Roll Call: Effective Enforcement of Bicycle Safety Issues
TS 17	Roll Call: Effective Enforcement of Pedestrian Issues
TS 18	Seat Belt Survivor Stories
TS 19	Unrestrained Motorists: The Cost to Your Community
TS 20	WTSC Survivor Sports
TS 21	D.U.I.I. Victims Impact
TS 22	Crash Course on Safety Belts
TS 23	Crash Footage For Educating People About The Importance of Child Car Seats and Booster Seats
TS 24	Public Service Announcement: Teen Protection / Country (1x :30)
TS 25	Students Against Drunk Driving
TS 26	A Wake Up Call: The Impact of Impaired Driving
TS 27	Why Enforce Child Passenger Safety Laws? Which Safety Seat Should Parents Use?
TS 28	La ventana en la Cocina
TS 29	Manejando Dontrol de la Ley
TS 30	Road Rage: Combating Aggressive Driving in Washington State

## Display Items

#	All Substances
DI 1	Dangers of Marijuana (folding display)
DI 2	Dangers of Smoking (folding display)
DI 3	Dangers of Binge Drinking (folding display)
DI 4	Dangers of Stimulants (folding display)
DI 5	Dangers of Inhalants (folding display)
DI 6	The Consequences of Alcohol Abuse (display Kit)
DI 7	Substance Abuse Identification Kit (ID Guides may be available)
DI 8	Fatal Vision DUI Goggles
DI 9	Fatal Vision DUI Goggles
DI 10	Fatal Vision DUI Goggles
DI 11	Pickled Liver
DI 12	Pickled Liver
DI 13	Tobacco Chemical Kit
DI 14	Tobacco Chemical Kit
DI 15	Tobacco Chemical Kit
DI 16	BB's Demonstration (tobacco)
DI 17	Washington "DOC" (tobacco media literacy slide set)
DI 18	Turn Around Skit Materials
DI 19	Mr. Gross Mouth
DI 20	Mr. Gross Mouth / Tar Jar
DI 21	Mr. Gross Mouth / Tar Jar
DI 22	Pig Lungs
DI 23	Pig Lungs
	Mr. Butts Costume